

AIKIDO INSTITUTE DAVIS
RANK REQUIREMENTS
GENERAL

Effective January 2011

There are three types of requirements for rank promotions: attendance, behavioral and technical. Attendance and Behavioral Requirements are used to determine eligibility for taking examination. During examinations candidates are asked to demonstrate selected items of the Technical requirements.

Students should use the requirements for the next higher rank as their daily training goals.

The requirements are cumulative; only incremental items are listed for each rank.

Ranks of Sandan and above are tested at Takemusu Aikido Association seminars conducted twice a year.

These requirements are not meant to represent a comprehensive list of Aikido techniques taught at Aikido Institute Davis.

These requirements are consistent with the ranking guidelines issued by Aikido Hombu Dojo in Tokyo, Japan, and with those recommended by the Takemusu Aikido Association.

Explanation of Requirements:

Training days: These are the minimum numbers of days trained since the last promotion, as shown in the attendance records.

Diligence: Students are expected to train regularly for the period specified prior to a test.

Seminar days: This includes Aikido workshops, seminars and gasshuku, or any other concentrated and continuous Aikido training led by a sensei, sponsored by Aikido Institute Davis or by other dojos including those that are members of Takemusu Aikido Association, California Aikido Association, U. S. Aikido Federation or other Aikido organizations recognized by the Aikido Hombu Dojo.

Technical: The technical requirements are cumulative and include the techniques listed for the specified rank as well as those listed for prior ranks.

Behavioral: this element of the requirements is assessed based on several factors; only key items are listed in these requirements.

**AIKIDO INSTITUTE DAVIS
RANK REQUIREMENTS
JUNIORS**

	8K Yellow	7K Blue	6K Green	5K Brown	4K Red	3K Black/White
ATTENDANCE						
Training days	30 days	30 days	40 days	40 days	50 days	50 days
Diligence	Recent 1 month	Recent 2 months	Recent 3 months	Recent 3 months	Recent 3 months	Recent 4 months
Seminar days		1 Dojo in past 12 months	1 Dojo in past 12 months	2 Dojo in past 12 months	2 Dojo in past 12 months	2 Dojo in past 12 months
TECHNICAL						
Ukemi	10 rolls	20 rolls	30 rolls	40 rolls; long roll; tobukemi aided	50 rolls; high roll tobukemi from kote gaeshi	60 rolls; tobukemi by self
Kokyu ho	Morote dori	Katate dori			Kata dori; ryote dori	Shomen uchi; mune tsuki
Ikkyo	Shomen uchi	Katate dori; kata dori	Gyaku te dori; ryo te dori	Morote dori	Mune tsuki	Ushiro ryo te dori
Nikyo		Katate dori; kata dori	Gyaku te dori			Shomen uchi
Shiho nage			Katate dori	Gyaku te dori	Ryo te dori; yokomen uchi	Shomen uchi; mune tsuki
Kote gaeshi		Gyaku te dori	Katate dori	Shomen uchi	Mune tsuki	Yokomen uchi
Irimi nage			Shomen uchi	Gyaku te dori	Mune tsuki	
Kokyu nage	Katate dori (3)	Gyaku te dori (3)	Morote dori (3)	Ryote dori (3)	Shomen uchi (3)	Yokomen uchi (3)
Other taijutsu	Basic strikes, kokyu dosa tenkan, aiki walk, shikko, tai no henko	Awase with basic strikes Blend with 1 uke pushing front & back	Blend with 2 uke pushing in front	Blend with 3 uke pushing in front	Tenchi nage	Kaiten nage katate dori
Fitness: strength, balance, flexibility	10 push-ups 10 squats 10 crunches One-leg stand 10"	20 push-ups 20 squats 20 crunches One-leg stand 20" Forward bend touch feet	30 push-ups 30 squats 30 crunches One-leg stand 30" Backward bend touch mat	40 push-ups 40 squats 40 crunches One-leg stand 40"	50 push-ups 50 squats 50 crunches Legs spread chest to floor (6 in.)	60 push-ups 60 squats 60 crunches Side stretch head to knee (6 in.)
Self-defense		Rules (4)	Choke from front and rear	Headlock from front, side & reverse	Hair grab; bear hug; body pin (supine & prone)	Bat swing; ground techniques
Buki waza	Jo suburi 1-5	Jo suburi 6-10	Jo suburi 11-20	6 & 13 jo katas	31 jo kata; ken suburi	Happo giri
BEHAVIORAL	Follow instructions; remember Motto	Respect teachers & elders.	Maintain focus throughout class	Coach beginners; persevere & share	Lead small group practice	Help instructor lead class.

**AIKIDO INSTITUTE DAVIS
RANK REQUIREMENTS
ADULTS - KYUU**

	6K	5K	4K	3K	2K	1K
ATTENDANCE						
Training days	20 days	30 days	50 days	70 days	90 days	100 days
Diligence	Recent 1 month	Recent 1 month	Recent 1 months	Recent 2 months	Recent 3 months	Recent 3 months
Seminar days			1 in past 12 months	1 in past 12 months	2 in past 12 months	2 in past 12 months
TECHNICAL						
Ukemi	Rolls: forward & backward	10 rolls	20 rolls	20 rolls; tobukemi aided	30 rolls; tobukemi from kote gaeshi	50 rolls; tobukemi from shiho nage and irimi nage
Kokyuu ho	Morote dori	Katate dori	Ryo te dori; kata dori	Shomen uchi; mune tsuki	Yokomen uchi; ryo kata dori	Ushiro ryo te dori; ushiro ryo kata dori
Ikkyo		Shomen uchi; katate dori	Kata dori; gyakute dori; ryote dori; morote dori	Mune tsuki; ushiro ryo te dori	Yokomen uchi	Kata dori men uchi; ushiro ryo kata dori; ushiro eri dori; mune dori
Nikyo		Kata dori	Katate dori; ryote dori	Shomen uchi	Morote dori; yokomen uchi	Ushiro ryo te dori
Shiho nage		Katate dori	Yokomen uchi; ryo te dori	Gyakute dori; Shomen uchi; mune tsuki	Kata dori men uchi	Ushiro eri dori; katate dori (4 directions)
Kote gaeshi		Gyakute dori	Mune tsuki; shomen uchi	Katate dori; yokomen uchi	Kata dori men uchi	Ushiro ryo te dori (2); ushiro eri dori
Irimi nage			Shomen uchi	Katate dori; ryo te dori (3); mune tsuki	Morote dori; kata dori men uchi (3); yokomen uchi (2)	Ushiro ryo te dori; shomen uchi (4 levels)
San kyo				Shomen uchi	Yokomen uchi	Ushiro ryo kata dori
Yon kyo				Shomen uchi	Yokomen uchi	Ushiro ryo te dori
Koshi nage				Katate dori; ryo te dori	Morote dori (5); kata dori men uchi	Ushiro ryo te dori; ushiro te kubi shime dori; shomen uchi; yokomen uchi; mune tsuki
Kokyuu nage			Katate dori (5); gyaku te dori (5)	Ryo te dori (5); morote dori (5)	Shomen uchi (5); yokomen uchi (5); mune tsuki (5)	Ryo kata dori; ushiro ryokata dori; ushiro eri dori; ushiro te kubi shime dori, munedori
Suwaru waza / Hanmi hantachi	Kokyuu dosa			SW: shomen uchi ikkyo-yonkyo	SW: yokomen uchi ikkyo-gokyo Kokyuu dosa henka (4)	HH: shiho nage from katate dori; ryo te dori HH: irimi nage, kote gaeshi, kaiten nage from shomen uchi and mune tsuki HH: ushiro ryo kata dori (5)
Other taijutsu	Tai no henko Tenkan, Aiki walk, shikko Basic strikes	Awase with basic strikes	Tenchi nage ryote dori Blend with one uke pushing	Kaiten nage katate dori (2) Blend with 2 uke pushing	Kaiten nage shomen uchi; mune tsuki; yokomen uchi Gokyo yokomen uchi Jyu waza with one uke Tanto dori	Ju ji nage: ushiro ryo te dori; ushiro te kubi shime dori Randori: 2 uke Tachi dori; jo dori; jo nage
Buki waza		Jo suburi 1-10	Jo suburi 11-20; ken suburi	6 jo kata; happo giri	13 jo kata; 31 jo kata	Ken awase; jo awase
BEHAVIORAL	Apply Dojo Etiquette	Humble & open-minded	Persevere in training	Demonstrate awareness	Help with Dojo tasks	Coach lower kyuu for tests

**AIKIDO INSTITUTE DAVIS
RANK REQUIREMENTS
ADULTS - DAN**

	1D	2D	3D	4D	5D
ATTENDANCE					
Training days for test	100 days	250 days/1 year	350 days/2 years	450 days/3 years	650 days/5 years
Training days for recommendation	2 years	2 years	3 years	4 years	5 years
Diligence	Recent 6 months	Recent 6 months	Recent 12 months	Recent 12 months	Recent 12 months
Seminar days	2 in past 12 months	3 in past 12 months	3 in past 12 months	3 in past 12 months	3 in past 12 months
TECHNICAL					
Ukemi	Ukemi while holding jo/bokken	Tobukemi in buki waza	Uninterrupted connection with nage	Teaching proficiency	Ability to teach through ukemi
Taijutsu	Proficiency in all basic techniques with emphasis on firm and basic forms (kihon waza). Henka waza: kokyuu ho morote dori (5); kokyuu dosa (5); nikyo, shiho nage, kote gaeshi, irimi nage Sankyo shomen uchi (7) Randori: 3 uke	Proficiency in all basic techniques with emphasis on flexible motion (yawarakai waza) Ni nin gake Kaeshi waza (3 each): ikkyo, nikyo, sankyo, shiho nage, kote gaeshi, irimi nage. Randori: 3 uke	Proficiency in all basic techniques with emphasis on flowing energy (ki no nagare waza) Show and explain the components of basic techniques Hanmi hantachi jyu waza Randori: 3 uke	Proficiency in all basic techniques with emphasis on applied techniques (oyo waza) Self-defense applications Randori: 3 uke with jo & bokken	Understand how spontaneous techniques spring forth from basics (Takemusu Aiki) Understand and show principles underlying Aiki techniques
Buki waza	31-jo kumi jo; 13-jo awase	Kumi jo; kumi tachi	Kumi tachi henka; ken tai jo & henka	Ken tai riai (sword body relationship)	Teaching proficiency
BEHAVIORAL					
	Conduct becoming of a sempai: coach beginners; guide all kyu ranks	Self-motivated training: do own training outside of class time	Help teach classes and lead Dojo projects Coach lower dan	Teach regular classes and responsible for regular Dojo activities Coach lower dan Train uchi deshi	Ability to lead dojo and familiarity with all Dojo administrative tasks Coach lower dan Train uchi deshi
OTHER					
	15 years old	Essay showing an understanding of Aikido techniques or about personal involvement in Aikido (500-700 words)	Essay exploring in depth any particular aspect of Aikido (700-1000 words)	Recommended: 2 weeks training in Japan. Essay showing an understanding of Aikido principles and their applications (about 1000 words)	Participate in Association activities